Martial Arts – Cooperative Spirit

The martial arts in general claim to be about developing your character and not just the body. How can any martial artist claim that their training makes them a better person when they train to beat other people? Winning and losing under the rules of a sport are ego centered pursuits and have nothing to do with the martial spirit or the way of Budo. Think first of destroying the ego and cooperating with training partners. Sport can be a recreational activity that does not involve competition or the hostility that comes along with such. Everyone can win and improve in cooperative play.

http://www.sportanddev.org/?5342/Competition-in-sport-Causing-conflict-or-promoting-peace-building

http://cooperativesports.org/

http://www.alfiekohn.org/parenting/tcac.htm